

MEDICAL CENTER ENTERPRISE

Where Healthcare and Community Connect

HealthConnection

A PUBLICATION OF **MEDICAL CENTER ENTERPRISE**



Join us at
Healthy Woman's
anniversary event,
featuring Elizabeth
Smart!

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Healthbriefs

> Multivitamins may lessen cancer risk

Ever wonder if that multivitamin you take every morning is actually having a health benefit? Well, for men, it may lower the risk of cancer, according to a new study published in *The Journal of the American Medical Association*. The study tracked more than 14,000 male doctors, all at least 50 years old, who were randomly assigned to take either a multivitamin or a placebo each day. After about 11 years, researchers found an 8 percent reduction in total cancers among men who took the multivitamins. However, the study found no impact on rates of prostate cancer, the most common type of cancer among the men in the study.

While the connection between multivitamins and cancer risk is still unclear, scientists hypothesize that multivitamins may help because they mimic the content of fruits and vegetables, which have been linked with cancer reduction. Multivitamins are beneficial in preventing vitamin and mineral deficiencies.

> What's the beef?

A juicy, pan-fried steak can sure hit the spot. But that delicious piece of red meat may actually increase your risk of prostate cancer by up to 40 percent. A new study examined the data of nearly 2,000 men involved in a prostate cancer study and asked them questions about the types of meat and poultry they ate, how they cooked it and how well done they liked their meat. The results showed that men who ate more than 1.5 servings of pan-fried meat per week increased their risk of advanced prostate cancer by 30 percent, and those who ate more than 2.5 servings per week increased the risk by 40 percent.

Researchers think that the increased risk results from cancer-causing chemicals that are formed when sugars and amino acids are cooked at higher temperatures for longer periods of time. To lower your cancer risk, limit the amount of fat you consume from animal sources, and instead eat plenty of fruits and vegetables and foods such as whole grains and beans.



> Secondhand smoke affects more than your lungs

If you misplaced your keys this morning, don't be so quick to blame your age. In addition to affecting your lungs, new research suggests that secondhand smoke may contribute to memory lapses, too. When comparing the memory function of a group of smokers to two groups of nonsmokers, scientists found that smokers performed the worst on memory tests, forgetting 30 percent more than nonsmokers who weren't exposed to secondhand smoke. Interestingly, one group of nonsmokers—people who had been regularly exposed to secondhand smoke for an average of more than four years—forgot almost 20 percent more in the memory tests than the nonsmokers who weren't exposed to secondhand smoke.

Avoiding secondhand smoke can have numerous benefits because smoking is also linked to other serious conditions, such as lung cancer. For some, memory loss may be unavoidable, but keeping your mind active may help strengthen your memory. Change up your routine and challenge your mind with new situations. Exercise, such as walking, and games, such as puzzles, are a great way to work out your mind.





The game plan: Avoid sports injuries

While physical activity is key to overall health, doing too much too quickly—or without proper training or equipment—can take a toll on your health in the form of an injury. But fear not: You can help prevent sports injuries by taking a few simple precautions.

Gain without pain

Middle-aged athletes are particularly vulnerable to injury. Why? With age comes a loss of agility and resilience, especially if it's been a while since you've been active. While you can certainly gain strength, flexibility and balance through exercise, slow and steady is the name of the game. To help prevent injury, follow these do's and don'ts:

- **Don't try to pack a week's worth of activity into a weekend.** Aim to maintain a moderate level of activity throughout the week.
- **Do warm up before exercise,** even before less vigorous activities like golf. Cool down after vigorous activities to

bring your heart rate down gradually.

- **Do use proper form** to reduce your risk of overuse injuries like tendinitis and stress fractures.
- **Do use appropriate safety gear.** Depending on the sport, this may mean knee or wrist pads or a helmet. Make sure your equipment is the correct size, fits well and is in good repair.
- **Do accept your body's limits.** You may not be able to perform at the same level you did 10 or 20 years ago. Modify activities as necessary.
- **Don't increase your exercise level too quickly.** Build up gradually, especially if you've been inactive.
- **Do cross-train.** Not only does striving for a total body workout of cardiovascular, strength training and flexibility exercises promote overall fitness, it also reduces injury risk.
- **Do stay hydrated.** Drink water before, during and after your workout—aim for about a cup of fluid every 20 minutes while exercising. ●



Injury symptoms

Never try to “play through” pain. Exercising after an injury may worsen the injury. Sports injuries can be classified into two types: acute and chronic. Acute injuries, such as sprained ankles or fractures, occur suddenly. Symptoms may include:

- a bone or joint that's visibly out of place
 - extreme leg or arm weakness
 - inability to move a joint or place weight on a leg, knee, ankle or foot
 - sudden, severe pain
 - tenderness or swelling
- Chronic injuries, such as tendinitis or stress fractures, occur over time due to repeated use or overuse. Symptoms may include:
- a dull ache at rest
 - pain when you play or exercise
 - swelling



Worried about an injury?

Call your doctor if you experience any of the symptoms listed above.

“ Elizabeth will share her incredible **story of perseverance** in the face of **unimaginable adversity** and **tips** on how to **keep your family safe.** ”



ELIZABETH SMART
Speaker

HEALTHY  WOMAN™
A MEDICAL CENTER ENTERPRISE RESOURCE

Save the date!

Healthy Woman anniversary event coming Oct. 3!

➤ Mark your calendars for Medical Center Enterprise’s annual Healthy Woman anniversary event with keynote speaker Elizabeth Smart, coming this fall! The event will take place on Thursday, Oct. 3, at 6:30 p.m. at the Enterprise Civic Center. The evening will feature delicious food, chances to win great door prizes and special entertainment from the Enterprise State Community College Entertainers led by Ken Thomas. Attendees will receive a Healthy Woman gift bag!

A story of personal courage

Elizabeth was abducted at age 14 from her home in Utah and held captive for nine months, and her story was one of the most followed child abduction cases in decades. She was controlled by captors who threatened to kill her and her family if she tried to escape. Fortunately, the police safely

returned Elizabeth to her family in March 2003. As keynote speaker, Elizabeth will share her incredible story of perseverance in the face of unimaginable adversity and tips on how to keep your family safe. Today, she is married, a leading advocate for child safety and a correspondent for ABC News. Elizabeth Smart truly demonstrates that there’s life after a tragic event. ●

Join our 5th anniversary event

Featuring
Elizabeth Smart

When: Thursday,
Oct. 3, 6:30 p.m.

Where: Enterprise
Civic Center



Get your tickets today!

Visit www.MCEHospital.com/HealthyWoman to purchase tickets online, to become a Healthy Woman member or for more information.

Health resources at your fingertips

➤ Are you experiencing worrisome health symptoms after office hours? Or maybe you're just curious about a certain health topic and want to learn more? There's a reliable resource at your fingertips with the latest health information, around the clock—backed by the expertise of health professionals you know and trust.

Medical Center Enterprise's (MCE) website has a wealth of information on health topics, conditions and diseases, whether your interest is prevention and wellness, managing a chronic condition or after-hours access to health facts and data.

Simply visit www.MCEHospital.com and choose the "Health Resources" tab. The Health Resources library contains current articles on a variety of health topics, videos, podcasts and interactive tools to provide education and help you determine your risk for specific health conditions. Using the interactive tools—calculators, quizzes and risk assessments—you can quickly research specific conditions, learn about different types of medical tests and obtain important information for managing your health.

The Health Resources library includes:

- a drug reference guide that covers 33,000 prescriptions and over-the-counter products
- a weekday newswire, which tracks the latest health and medical developments
- access to 1,700 articles on common diseases and conditions
- an interactive encyclopedia that covers more than 835 diseases and conditions
- healthy recipes and nutrition facts
- information about herbs, vitamins and supplements
- information about more than 370 tests and procedures

Screening tests and more

The prevention guidelines recommend screening tests and immunizations for all ages and both genders. These guidelines can be helpful when discussing a disease prevention plan with your doctor. It's important for anyone seeking health information to be wary of websites that may contain misinformation. Information found on a website should not be a substitute for professional medical care. Always follow your personal doctor's instructions.

More education at MCE

The hospital offers free educational health classes each month through the Healthy Woman and Senior Circle programs. Visit www.MCEHospital.com and choose "Healthy Woman" or "Senior Circle" to learn more about getting involved. ●



Need a doctor?

After learning about the symptoms or condition you're interested in, contact one of the doctors at Medical Center Enterprise to get more information. Visit www.MCEHospital.com and choose "Find a Physician" for a complete list of doctors affiliated with Medical Center Enterprise.





HealthWise QUIZ

How much do you know about allergies and asthma?

> TAKE THIS QUIZ TO FIND OUT.

Heart palpitations: Causes and treatments

If you've ever felt your heart pounding in your throat during a tough workout, you know what heart palpitations feel like. In fact, most of us have felt heart palpitations at one time or another—the heart flutters, pounds, races or seems to skip a beat. While episodes of irregular heartbeat are common and often harmless, they can sometimes signal a more serious condition.

Heart palpitations can have a variety of everyday causes, including:

- asthma, cold and cough medications that contain stimulants
- caffeine
- fever
- hormone changes during menstruation, pregnancy or menopause
- nicotine
- strenuous exercise
- stress or anxiety

Sometimes heart palpitations are a symptom of another condition, such as hyperthyroidism, an overactive thyroid gland, or arrhythmia, an abnormal heart rhythm.

The beat goes on

If your doctor determines that your palpitations result from another medical issue, treatment will focus on managing the underlying condition. If your doctor has ruled out other conditions, the best way to prevent heart palpitations is to avoid your triggers. Try these strategies:

- > **Avoid stimulants.** Limit caffeine intake and talk with your doctor before taking any over-the-counter medicine or supplements. Your doctor may suggest changing your current medication if a drug you take regularly is found to be the source of the palpitations.
- > **Reduce stress and anxiety.** Try exercising more, talking with a friend or practicing relaxation techniques like meditation.
- > **Don't smoke.** If you currently smoke, talk with your doctor about getting help to quit. ●

When do I need a doctor?

If you've never experienced palpitations before, see your doctor to put your mind at ease. If your palpitations are infrequent and last only a few seconds, evaluation usually isn't necessary. If you have a history of heart disease or have frequent palpitations, talk to your doctor. Call your doctor right away if you have:

- > more than six extra heartbeats per minute or they come in groups of three or more

- > risk factors for heart disease, such as high cholesterol, diabetes or high blood pressure
- > new or different heart palpitations
- > a pulse more than 100 beats per minute at rest

Seek emergency medical help if heart palpitations are accompanied by:

- > chest discomfort or pain
- > fainting or severe dizziness
- > severe shortness of breath

1 All of the following are common allergens except:

- a. pollen
- b. dust
- c. wood
- d. food

2 Anaphylaxis is:

- a. an allergy to latex
- b. a serious, life-threatening allergic reaction
- c. a type of asthma
- d. a minor allergic reaction that doesn't require treatment

3 Which of the following is a type of asthma?

- a. exercise-induced asthma
- b. allergic asthma
- c. occupational asthma
- d. all of the above

4 Symptoms of an asthma attack may include:

- a. wheezing, shortness of breath and chest pain or tightness
- b. sudden numbness, especially on one side of the body
- c. memory loss and difficulty learning new information
- d. a bright red rash that covers most of the body

5 Asthma medications may include:

- a. inhaled corticosteroids ("control" medicine)
- b. short-acting beta-agonists ("rescue" medicine)
- c. both a and b
- d. none of the above

Answers: 1. c, 2. b, 3. d, 4. a, 5. c



Women: Screenings for you

➤ Your best weapon in the fight against disease? Early detection. Generally, the earlier a condition is caught, the more effective the treatment and the more likely you'll be to ward off any complications.

Numerous medical organizations have developed screening recommendations, and opinions vary on the timing and frequency of these screenings. Because of your personal or family medical history, your doctor may recommend a different schedule than the one below. As always, talk with your doctor about the screening schedule that's right for you. ●

Test	What it does	When to get it	Recommendations from ...
Blood pressure screening	Measures the force of blood against artery walls	➤ Age 18+, at least every 2 years	Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure
Bone mineral density test	Screens for osteoporosis (weak, brittle bones)	➤ Age 65+, at least once	National Osteoporosis Foundation
Clinical breast exam	Physical exam for breast lumps or irregularities	➤ Age 20–39, every 3 years ➤ Age 40+, yearly	American Cancer Society
Colon cancer screening	Tests for colon cancer	➤ Beginning at age 50, women should follow one of two schedules: ① Tests that find polyps and cancer: flexible sigmoidoscopy every 5 years, colonoscopy every 10 years, double-contrast barium enema every 5 years or CT colonography (virtual colonoscopy) every 5 years ② Tests that mainly detect cancer: fecal occult blood test every year or fecal immunochemical test every year	American Cancer Society
Diabetes screening	Tests for high blood sugar	➤ Age 45+, every 3 years	American Diabetes Association
Eye exam	Tests vision and eye health	➤ Age 18–60, every 2 years ➤ Age 61+, yearly	American Optometric Association
Fasting lipoprotein profile	Tests cholesterol levels, a measure of heart health	➤ Age 20+, every 5 years	National Cholesterol Education Program Expert Panel
Mammogram	Tests for breast cancer	➤ Age 40+, yearly	American Cancer Society
Pap test	Tests for cervical cancer	➤ Age 21–29, every 3 years ➤ Age 30–65, Pap test plus HPV test every 5 years	American Cancer Society

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C-section: Know the facts

When women dream about their ideal pregnancy and childbirth, major surgery rarely enters the vision. Yet nearly one-third of women who give birth in the United States each year welcome their babies by way of a cesarean section (C-section), a surgery in which the baby is delivered through the abdomen. Even if a C-section isn't part of your birth plan, understanding more about the procedure can help you prepare for whatever birth experience awaits you.

Avoiding dangers

A C-section is performed to reduce risks of a traditional vaginal delivery for some women. The surgery may be scheduled in advance if your doctor is aware of potential problems, or it may be an emergency procedure if complications arise during pregnancy or labor. Your doctor may suggest scheduling a C-section if:

- the baby is in a breech (feet or bottom first) or transverse (sideways) position
- the baby has certain birth defects
- the mother has placental problems, such as placenta previa
- the mother has an infection such as HIV or herpes
- it's a multiple pregnancy
- the mother has had a previous C-section or other surgery on her uterus

An emergency C-section may occur if:

- the placenta separates from the uterine wall (placental abruption)

- labor is too slow or stops
- the baby is too large to pass through the vagina
- the baby is in distress

Understanding the risks

C-sections have saved the lives of countless women and children. But as with any major surgery, there are risks. Women who deliver via C-section are more likely to experience:

- bleeding and blood clots
- infection
- bladder or bowel injuries
- reactions to medications

Delivering before 37 weeks gestation can lead to additional risks for the baby, including problems with breathing, feeding, temperature maintenance and jaundice. Because dating a pregnancy is often inexact, it is safest to schedule a C-section between 39 and 41 weeks.

Here for you

At Medical Center Enterprise's new Women's Center, we're ready to handle your special delivery with comfortable, private labor and delivery suites, an excellent staff and advanced medical capabilities. ●



Focused on your needs

Visit www.MCEHospital.com

to learn more about the new Women's Center, including information about support and education classes, or call (334) 347-2250 for your personal tour.